



Erie County Stay Fit Dining Program

Frozen Meals Menu – February 2021



The Erie County Stay Fit Dining Program is pleased to offer the 3- or 5-pack varieties of Frozen Meals through the new Frozen Meal Program. The 3-pack meals will have some combination of the meals offered in the 5-pack. A roll, milk and dessert are included with each meal.

Meals for Week of February 1st

Turkey with Gravy, Mashed Potatoes, Carrots

Beef Pepper Steak Casserole, Broccoli, Waxed Beans

Penne Pasta with Meatballs & Tomato Sauce, Country Cottage Mixed Vegetables

Pork Loin with Gravy, Sweet Potatoes, Green Beans

Breaded Chicken Patty, Au Gratin Potatoes, Seasoned Mixed Greens

Meals for Week of February 8th

Veal Parmesan with Tomato Sauce, Seasoned Spinach, Waxed Beans

Panko-Breaded Chicken Thigh, Cheddar Mashed Potatoes, Lima Bean Bake

Beef Stroganoff, Brown Rice, Cauliflower

Chicken Pasta Primavera, Italian Green Beans, Carrots

Ham Steak with Maple Glaze, Scalloped Potatoes, Brussels Sprouts





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Meals for Week of February 15th

Chicken Casserole, Broccoli, Biscuit

Hot Dog with Baked Beans, Roasted Potatoes, Carrots

Pulled Pork with Herbed Gravy, Cream of Potato Soup, Green Beans

Lasagna Roll with Tomato Meat Sauce, California Mixed Vegetables, Green Beans

Meatloaf with Swiss Gravy, Mashed Potatoes, Peas



Meals for Week of February 22nd

Chicken Patty with Marsala Sauce, Rice Pilaf, Mixed Vegetables

Macaroni & Cheese, Zucchini & Tomatoes, Green Beans

Polish Sausage, Roasted Potatoes, Au Gratin Broccoli

Tortellini with Meat Sauce, Italian Mixed Vegetables, Seasoned Spinach

Hamburger with Onion Gravy, Scalloped Potatoes, Peas

